



Vaccinations for Adults

You're NEVER too old to get shots!

Many adults don't know they are supposed to get immunized against diseases. They think vaccinations are for kids. There are millions of adults in this country who need influenza, pneumococcal, tetanus, diphtheria, hepatitis B, and other vaccines. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your health professional keep your vaccinations up to date! Don't leave your doctor's office without making sure that you've had all the vaccinations you need.

Vaccine ▼ Age ►	19–49 years	50–64 years	65 years & older
Hepatitis B (HepB) [†]	Certain adults need to complete a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3 usually given 5 months later). Ask your health professional whether you need this vaccine.		
Tetanus, diphtheria (Td)	If you haven't had at least 3 tetanus & diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in 1 month, and dose #3 in 6 months. Boosters are needed for all adults every 10 years. Consult your physician if you have a deep or dirty wound.		
Measles, mumps, rubella (MMR)	All persons born in 1957 or later need at least 1 dose of MMR. Certain adults need 2 doses.*		
Varicella (Chickenpox)	If you've never had chickenpox, you should get vaccinated now (2 doses, 1–2 months apart).		
Pneumococcal	1–2 doses for adults with chronic medical conditions*		All adults need 1 dose at age 65 (or later); a 2nd dose is needed for some*
Influenza	Annually for adults with chronic health conditions, health care workers, and close contacts of certain individuals*	Annually for all persons in these age ranges	
Hepatitis A (HepA) [†]	Certain adults need 2 doses spaced 6–12 months apart. Ask your health professional whether you need this vaccine.		
Meningococcal	If you are a young adult going to college, ask your doctor about your risk of meningococcal disease and if you need to get vaccinated.		

* Consult your health professional to determine your level of risk for infection and your need for this vaccine.

† If you need both hepatitis A and B vaccines, a combination product is available; it is given in 3 doses. Consult your health professional.

Do you travel outside the United States? If so, you may need additional vaccines, as well as hepatitis A. The Centers for Disease Control and Prevention (CDC) operates an international traveler's immunization hotline. Call (877) 394-8747 or visit CDC's website at www.cdc.gov/travel to obtain information about required and recommended shots for your destination. You may also consult a travel clinic or your health care provider.

www.immunize.org/catg.d/p4030a.pdf • Item #P4030 (8/04)